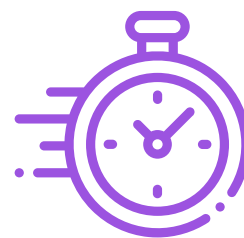


AIR FRYER

COOKING TIMES



MEATS

Chicken breast	10 mins	400
Whole chicken	60 mins	350
Chicken tenders	18 mins	360
Drumsticks	20 mins	360
Wings	14 mins	400
Fish fillets	10 mins	400
Salmon fillets	12 mins	380
Meatballs (S - L)	6 - 10 mins	400
Pork chops	12 mins	360
Pork loin	55 mins	360
Hamburgers	10 mins	400
Hot dogs	5 mins	400
Bacon	10 mins	400
Shrimp	5 mins	400
Steak	12 mins	400

VEGETABLES

Broccoli	5 mins	400
Carrots	15 mins	380
Cauliflower	12 mins	400
Corn on the cob	6 mins	390
Potatoes	15 mins	400
Potato wedges	18-24 mins	360
Squash	12 mins	400
Sweet potato	35 mins	380
Zucchini	12 mins	400
Asparagus	5 mins	400
Brussels sprouts	15 mins	380
Onions	10 mins	400

FROZEN FOOD

Onion rings	8 mins	400
French fries	14 mins	400
Mozzarella sticks	8 mins	400
Fish sticks	10 mins	400
Chicken nuggets	10 mins	400
Pretzels	12 mins	400
Corn dogs	8 mins	400
Pizza	10 mins	390
Chicken strips	12 mins	400
Breaded shrimp	9 mins	400
Fish cakes	11 mins	360
Hash browns	15-18 mins	360
Meat pie	25 mins	360
Meatballs	6-8 mins	380
Spring rolls	15-20 mins	400
Chicken burger	11 mins	360

DESSERT/TREATS

Apple crisp	15 mins	370
Choc lava cake	9 mins	400
Donut bites	8 mins	350
Brownies	14 mins	330
Fruit pies	14 mins	360
Fried Oreos	7 mins	360

SNACKS/OTHER

Crab rangoons	6 mins	350
Mac/cheese bites	15 mins	360
Hard boiled eggs	17 mins	260
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